HELPFUL HINTS:
Mental illness is more common than many people realize. In 2014, one in five American adults experienced a mental health issue; one in 10 young people experienced a period of major depression; and one in 25 Americans lived with a serious mental illness such as schizophrenia or bipolar disorder.

The good news is that those with a mental health issue can get better, and many recover completely. Four factors in particular help contribute to successful progress:

- **Health:** making informed, healthy choices that support personal well-being
- **Home:** having a safe, comfortable, stable place to live
- **Purpose:** engaging in activities with meaning, such as volunteering, caring for family, being creative and pursuing a desired course of study
- **Community:** building supportive relationships and networks

Source: U.S. Department of Health & Human Services

Effective stress management also reinforces a productive recovery plan. A few ways to help lower stress include:

- Organizing and prioritizing time and tasks
- Remaining physically active, including exercise
- Stretching daily
- Maintaining a healthy diet
- Making time for meaningful hobbies
- Relaxing before bedtime and getting at least eight hours of sleep

GIVE TO EDGewanER:
Support Our Programs for Men, Women and Children

Edgewater Systems is a nonprofit community mental health center serving Northwest Indiana’s most vulnerable people and families.

Edgewater remains committed to providing comprehensive healthcare and family support services including family and youth counseling; addiction and dependency treatment; crisis stabilization and management; adult residential services; and primary care services.

In Fiscal Year 14 (July 1, 2014–June 30, 2015), we helped more than 3,000 people improve their quality of life. Your financial support allows us to continue offering vital services and promoting balanced health in our communities.

Please make your contribution payable to Ambassadors for Edgewater. You can mail your contribution to the address below. We will send you in return an acknowledgment letter you can use for tax purposes.

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**Understanding Health Care Reform: Integrated Care**

The Affordable Care Act of 2010 includes several supports and incentives for states and healthcare providers to integrate primary care and behavioral healthcare services. Here are a few of the main things to understand about that integration.

**Why is integrating primary care and behavioral health important?**

Studies have shown that people with mental health or addiction disorders die at a younger age than those in the general population. Causes are likely to include treatable health conditions such as heart disease and diabetes. People with addiction or mental health issues need greater access to primary care services.

**What is integrated care?**

Integrated care is when healthcare professionals consider all mental and physical health conditions at the same time, including those requiring prescriptions. Integrated treatment leads to a fuller understanding of the whole person’s health.

**How does integrated care work?**

It can take many forms, such as offering mental health or addiction treatment and primary care in the same building; unifying mental health and primary care specialists to treat the same patients; or having a primary care professional with mental health or addiction training who provides services for each patient.

**What are the benefits of integrated care?**

- Lower healthcare costs
- Greater access to services
- An even more effective way to care for those with multiple and primary care concerns, we will be able to produce better outcomes and can treat individuals more effectively, way to care for those with multiple healthcare needs.

**The benefits of our new system include:**

- Greater access to services
- Higher quality of care
- Lower healthcare costs

As we continue evolving with the changes and challenges in today’s healthcare system, we will steadily maintain our commitment to the well-being of our communities.

**Newsroom for Media and Community**

**Keep informed about the latest news and thoughts concerning the healthcare that matters most to you.**

- Follow us on Facebook (Edgewater Systems)
- Visit our website: www.edgewatersystems.org
- Sign up for our e-mail updates:
  - Write to jdjohn@edgewatersystems.org to join.

**Meet Our New Officers & Board (FY 2017 July 1, 2016–June 30, 2017)**

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<tr>
<th>OFFICERS</th>
<th>BOARDS</th>
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<td>President, Anderson Partners LLC</td>
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<td>Jonathan A. Anderson, Esq.</td>
<td>President, Anderson Partners LLC</td>
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<td>Regina Biddle-Moo, Vice Chancellor of Business, Indiana University Northwest</td>
<td>Rachel Johnson-Shirley, Superintendent Lake Ridge Schools</td>
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<td>Randy Board, Regional Sales Representing Russian Mini Mart</td>
<td>Secretary: Rachel Johnson-Shirley, Superintendent Lake Ridge Schools</td>
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<td>Larry Brewer, President/Owner, SouthShore Dental</td>
<td>Secretary: Rachel Johnson-Shirley, Superintendent Lake Ridge Schools</td>
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<td>Honorable Bernard A. Carter, Lake County Prosecutor</td>
<td>Secretary: Rachel Johnson-Shirley, Superintendent Lake Ridge Schools</td>
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<td>Ben Tolen, University Manager, B. Coleman Aviation LLC</td>
<td>Secretary: Rachel Johnson-Shirley, Superintendent Lake Ridge Schools</td>
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<td>Tracy Williams, Owner, Hitton and Williams Funeral Home</td>
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**About Edgewater:**

A 501(c)(3) Edgewater System (Edgewater)/Edgewater Behavioral Health Services has been providing mental health and addiction treatment services since 1974. Edgewater’s Behavioral Health Services is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), a proud distinction signifying that Edgewater programs and services are measurable, accountable, and of the highest quality.

Today, Edgewater’s array of programs serves the region’s behavioral and primary care health needs. These include services for addictive disorders, outpatient services including individual, family, and group counseling, day treatment programs for both adults and youth; psychiatric and psychological services including assessments and treatment; an opioid management; and acute crisis stabilization. In 2016, Edgewater further expanded its services by offering primary care at its existing behavioral health location. Primary care services include health promotion, disease prevention, health maintenance, counseling, patient education, diagnosis and treatment of acute chronic illnesses. With the acquisition of our two new primary care offices, Edgewater looks forward to meeting the Northwest Indiana community’s comprehensive healthcare needs.

**Client Experience:**

When I was using, I was really struggling. I came to realize my daughter and my life were more important than the drug. I had heard about Turning Point, so I went and signed up and started treatment. At first, it was kind of difficult, but as I got stabilized, the program helped me out so much, to where I’m now 14 years clean.

- Linda C.

**Legislative Update:**

New Law Includes Indiana Senator’s Provisions Against Opioid/Heroin Abuse

President Barack Obama signed the Comprehensive Addiction and Recovery Act (CARA) on July 22, 2016. Responding to the nation’s heroin and prescription opioid crisis, CARA will provide states and local communities with important tools to prevent and treat drug addiction and support individuals in recovery.

The new law includes several of Sen. Donnelly’s (D-IN) provisions adopted from his bipartisan legislation to update best practices for managing pain and prescribing pain medication, as well as to raise public awareness of the nation’s opioid and heroin epidemics.

The new law includes several of Sen. Donnelly’s (D-IN) provisions adopted from his bipartisan legislation to update best practices for managing pain and prescribing pain medication, as well as to raise public awareness of the nation’s opioid and heroin epidemics.

It also contains a bipartisan provision he authored that would encourage first responders administering the overdose reversal drug naloxone to assist recipients with finding follow-up treatment or other necessary services.

On April 16, 2016, Edgewater Behavioral Health Services received Calomer College of St. Joseph’s Corporate Leadership Award for its leadership, spirit, commitment to the community, and commitment to improving the quality of life for those it serves.

“Edgewater is a nice place in making me calm. Now, I have more time to concentrate and get focused. It has helped me to realize my daughter and my life were more important than the drug. I had heard about Turning Point, so I went and signed up and started treatment. At first, it was kind of difficult, but as I got stabilized, the program helped me out so much, to where I’m now 14 years clean.” - Linda C.